

## CABBAGE SOUP

One small turnip  
2 carrots  
3 tbsp olive oil  
1 large onion, sliced  
2 celery sticks, sliced  
1 med white cabbage shredded  
5 cups vegetable stock  
1 green apple, chopped  
2 bay leaves  
1 tsp chopped parsley.  
2 tsp lemon juice  
Black pepper  
herbs, for garnish

1. Cut the turnip and carrots into match stick strips.
2. Heat the oil in a large pan and fry the turnip, carrots, onion and celery for ten minutes.
3. Shred the cabbage and add to the pan. Pour in the vegetable stock, add the chopped apple, bay leaves and chopped parsley and bring to the boil.
4. Cover and simmer for forty minutes or until the vegetable are very tender.
5. Remove the bay leaves, and then stir in the lemon juice. Season with black pepper. Serve with fresh herbs.



Nicola Graimes, De-  
tox for Health and  
Wellbeing, Southwa-  
ter

## SOFIA'S DETOX SPICY PUMPKIN SOUP

1 pumpkin or butternut squash, peeled  
1 tbsp curry powder  
2tbsp olive oil  
1 med onion sliced  
4 cups vegetable stalk  
black pepper  
*(4 tbsp live natural yoghurt to serve, but  
ot to be used during the detox*

1. Cut the peeled pumpkin into chunks. Heat the olive oil in a large pan and add the sliced leeks. Cook gently over a low heat until all vegetable are softened.
2. Stir in the curry cook, stirring for a further minute. Add the pumpkin and the vegetable stock and season black pepper.
3. Bring the soup to the boil and simmer for about 30 minutes, until the pumpkin is tender. Blend in a blender or food processor.



  
Mini nesa by kicak/pelletier

Cleanse  
Renew  
Re-energize  

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Soup  
Recipes



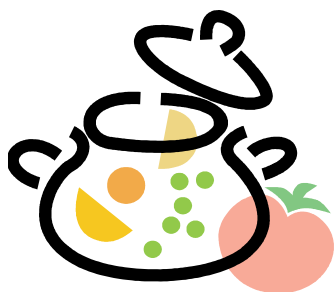
To a healing  
body

*Soups during a detox help make the stomach feel satiated. Remember to use only vegetable stock either in a cube or made fresh.*

## BET SOUP

4 medium beets, peeled  
2 carrots, peeled  
2 celery sticks  
3 tbsp olive oil  
2 onions, sliced  
2 garlic cloves, crushed  
4 tomatoes, chopped  
1 bay leaf  
1 tbsp parsley  
4 peppercorns  
5 cups vegetable stock  
Black pepper

1. Chop beets, carrots and celery into thick strips.
2. Heat the oil in a pan and cook the onions over low heat for 5 minutes
3. Add the garlic and chopped tomatoes to the pan and stir for 2 minutes more.
4. Add the herbs to the pan with vegetable stock. Bring to boil, cover and simmer for 1 1/2 hours or until vegetables are very tender



## LAURA'S DETOX ROASTED VEGGIES SOUP



2 large carrots, peeled  
1 medium potato, peeled  
3 celery stalks  
2-3 cups cauliflower florets  
2-3 cups broccoli florets  
1 medium onion  
3 garlic cloves  
3 tsp olive oil  
1/4 tsp of salt  
3 tsp curry powder (or to taste)  
1/2 tsp red chili powder (or to taste)  
4 cups hot water

1. Preheat oven to 350
2. Cut veggies into chunks and put into large mixing bowl.
3. Add olive oil and salt and stir until all veggies are coated. Spread veggies into single layer on a sheet pan.
4. Roast veggies for 20 minutes, then turn with spatula. Roast another 10-20 minutes or until veggies are tender and browned on the edges.
5. Put roasted veggies into food processor or blender and add a little hot water. Blend until pureed.
6. Transfer to a large saucepan and add the remaining hot water (or as much as you need for the consistency you want), curry powder and red chili powder. Heat and serve

*Thank you to Laura Gordon for donating both these recipes that she created during her detox program.*

## LAURA'S DETOX CAULIFLOWER AND BROCCOLI SOUP

1T. Olive oil  
1 onion, chopped  
3 garlic cloves, chopped  
2 cups broccoli, cut into small pieces  
2 cups cauliflower, cut into small pieces  
4 cups water  
1 potato, peeled and diced into small pieces  
1/2 cube vegetable bouillon

1. Sauté onion and garlic in oil on medium heat until translucent, about 5-7 minutes.
2. Add broccoli, cauliflower, water, potato, and bouillon cube.
3. Bring to a boil and then reduce heat to a simmer for 20 minutes or until vegetables are tender.
4. Remove from the heat.
5. Using an immersion blender, food processor, or blender, puree the soup until smooth (you will have to do this in batches if not using an immersion blender).
6. Return to the pot and set back on a warm burner to heat through. Season with a small amount of salt and pepper as per your taste.

